THE COMPREHENSIVE MIDWIFERY CARE FOR MRS “D” WITH PRENATAL YOGA TO REDUCE BACK PAIN IN THIRD TRIMESTER OF PREGNANT WOMEN

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ABSTRACT

backgrounds: Back pain can have an impact on the mother’s posture so that it can cause the mother’s posture to change into lordosis and kyphosis. One of the holistic treatments that can reduce back pain is prenatal yoga. Purpose: To provide comprehensive midwifery care to Mrs. “D” with the application of prenatal yoga and conducting a literature review on the effect of prenatal yoga on reducing back pain in third trimester pregnant women. Method: The method used is a case study, the subject is a 29 weeks pregnant woman. The application of prenatal yoga is carried out 6 times, 2 times a week for 3 weeks with a duration of 30 minutes. Data collection techniques through interviews, observation, physical examination and SOAP forms. Result: Comprehensive midwifery care provides good results for the mother. The process of prenatal yoga gave significant results from a score of 6 at the beginning of doing prenatal yoga to a score of 1 at the end of doing prenatal yoga, these results are in accordance with 10 journals that have conducted literature reviews. Conclusion: The author has been able to carry out comprehensive midwifery care for Mrs. “D” with prenatal yoga to reduce back pain in the third trimester of pregnant women.

Keywords: Prenatal yoga, Back Pain, Third Trimester Pregnant Women.

References: 20 (2017-2022)

INTRODUCTION
Pregnancy is a natural process experienced by every woman in the reproductive cycle. The process of pregnancy begins with ovulation or the release of the egg, then the growth of the zygote or product of conception, the attachment of the products of conception to the uterus, the formation of the placenta, then the growth and development of the products of conception until the pregnancy is full term. During pregnancy there are psychological and physical changes. 1. Various problems that can arise during pregnancy, especially in the second and third trimesters of pregnancy, are psychological problems that pregnant women often complain about, for example anxiety and pain. One of the most common pains in pregnant women is back pain. The incidence of back pain in pregnant women is around 60%-90%. A woman who has a prior history of back pain before pregnancy will be at high risk of experiencing the same thing during pregnancy 2. Back pain experienced by pregnant women is a complaint that is often experienced in the second and third trimesters, and it is estimated that around 70% of pregnant women complain of some form of back pain at some point during pregnancy, childbirth, or during the postpartum period. Back pain often increases in intensity as pregnancy progresses. Back pain during pregnancy reaches its peak between the 24th and 28th weeks of gestation 3. Interference in the back area and become
long-term on the balance of the muscles and pelvic stability if not restored immediately after delivery or postpartum. The risk of Low Back Pain in subsequent pregnancies is very high after there is a history of Low Back Pain in previous pregnancies and is consistent with Low Back Pain in previous pregnancies (Omoke et al., 2021). Daily activities can affect low back pain and have a negative impact on the pregnant woman's ability to carry out daily activities such as self-care, walking, sitting and engaging in sexual activity.

Midwifery care that is provided comprehensively starting from pregnant women, childbirth, postpartum, and newborns is comprehensive midwifery care. In the government program, namely reducing the possibility of a pregnant woman experiencing complications in pregnancy, childbirth and the puerperium with antenatal care and delivery with clean and safe principles, reducing the possibility of childbirth complications that end in death or illness through basic and comprehensive essential obstetric and neonatal services.

Prenatal yoga is a modification of basic yoga exercises that are adapted to the conditions of pregnant women. Movements are made at a slower tempo and adjust to the movement capacity of the pregnant woman. Pregnant women are starting to attend a lot of prenatal yoga classes because they believe this exercise will help them in the delivery process. Practicing yoga during pregnancy is a useful solution as a self-help medium that will reduce discomfort during pregnancy, assist in the delivery process and even prepare mentally for the early days after giving birth and when raising children. Some of the benefits of yoga for pregnant women physically and psychologically include: a) helping the body to stay healthy, strong and active, b) helps reduce back pain and improve body balance, c) learn breathing techniques, d) easy to rest because it helps the body become more relaxed, e) train yourself in preparing the pelvic area for the birth process, f) establishes a deep bond with the baby, g) reduce the risk of complications during pregnancy, h) lowers blood pressure, j) maintain weight. Apart from providing benefits in reducing complaints or physical discomfort in pregnant women, yoga can also reduce psychological discomfort. There have been many studies that explain that yoga has physical and psychological benefits for pregnant women. Among them, yoga can reduce psychological disorders during pregnancy, reduce postpartum depression, reduce stress, anxiety because yoga can naturally reduce the stress response in the form of decreased heart rate, The Indonesian Ulema Council (MUI) has issued a fatwa on yoga in 2009. One of the MUI fatwas on yoga is that yoga which is purely a breathing exercise for the benefit of health is mubah (permissible) because pure yoga is a sports activity that balances the body, mind and soul that is not related to certain religious beliefs and rituals. In this type of yoga there is terminology that uses Sanskrit but is not related to certain religious teachings. Yoga is a practical effort in aligning the body, mind and spirit, in which the benefits of yoga form a straight body posture, build muscles that are flexible and strong, purify the central nerves in the spine.

One of the complaints during pregnancy is lower back pain. Back pain in pregnancy is back pain that occurs in the lumbosacral area. Back pain will usually increase in intensity as the gestational age increases because this pain is the result of a shift in the center of gravity and body posture (Varney, 2006). To relieve lower back pain that is often felt by pregnant women is exercise. Yoga is a form of exercise that can be done by pregnant women, because yoga can make the body more flexible, comfortable besides supporting blood circulation, overcoming back pain, waist, aches and swelling.

Based on research on the effect of yoga on lower back pain in third trimester pregnant women at the Kalikajar I Health Center, Wonosobo district with a sample of 14 pregnant women who experienced lower...
back pain in the third trimester of pregnancy, before the yoga intervention most respondents experienced moderate pain, namely 10 respondents (71.4%), 3 respondents experienced mild back pain (21.4%) while 1 respondent experienced severe back pain (7.1%). After receiving the yoga intervention, there was a decrease in the level of pain experienced by the respondents. It can be seen from the change in the incidence of pain levels, that after doing yoga, most of the respondents experienced mild pain, namely 9 respondents (64.3%), moderate pain 4 respondents (28.

RESULTS
In this case study the authors conducted Comprehensive Midwifery Care for pregnant women, childbirth, postpartum and normal newborns to Mrs "D" aged 29 years starting from November 18 2022 at 29 weeks of gestation, delivery to postpartum and newborn care. The studies conducted included care for pregnancy, childbirth, postpartum and newborns (BBL). Basically the implementation of midwifery care for pregnant women at PMB Yuli Bahria is the same as the theory obtained, starting from the assessment to the implementation of midwifery care. This is in accordance with the theory which says that antenatal care is a pregnancy examination that aims to improve the physical and mental health of pregnant women optimally, so that they are able to deal with childbirth, postpartum, prepare for exclusive breastfeeding.

During the first visit, a subjective and objective check was carried out for the completeness of the data on Mrs. "D" from 29 weeks' gestation to 38 weeks' gestation. She had received midwifery services including 10 T in accordance with theory14. The mother came to check her pregnancy for the first time at PMB Yuli Bahria on November 18, 2022, said she was 7 months pregnant, had her second child, had never miscarried, the fetus was still being felt and the mother was complaining of back pain. Previously, the mother checked her pregnancy at the puskesmas and other PMBs. After the mother did an examination, the results of the study obtained were all normal, there were no gaps. Notify the results of the examination and explain that back pain is normal for pregnant women to experience
because the older the mother's pregnancy, the more the mother experiences a shift in body posture. Therefore the authors provide prenatal yoga intervention as a holistic care to reduce back pain that is felt, explaining to mothers the benefits of prenatal yoga is to prepare pregnant women physically, mentally and spiritually to face the birth process. Prenatal yoga has muscle stretching movements in prenatal yoga that can minimize and even eliminate discomfort that is often felt during pregnancy such as back pain, hip or rib pain, leg cramps or headaches. After knowing the benefits of prenatal yoga, the mother wants to do prenatal yoga, then informs the mother when to carry out prenatal yoga, prenatal yoga is carried out 6x, namely 2x a week for 3 weeks with a duration of 30 minutes. The author gives the implementation time based on the journal that has been obtained. According to journal 16 prenatal yoga is performed 2x a week 6 times with a duration of 30 minutes, according to journal 17 prenatal yoga is performed 2x a week for 3 weeks with a duration of 30 minutes and according to journal 18 prenatal yoga is performed 6 times for 3 weeks with a duration of 30-60 minutes. Then tell the mother how to measure back pain so that you can see a comparison before and after doing prenatal yoga, before doing prenatal yoga (only done during the first prenatal yoga) there will be filling out a pre-test questionnaire and filling out a post-test sheet after completing the sixth prenatal yoga. Measurement of back pain using a numerical rating scale (Numerical Rating Scale), The mother understands the explanation about the measurement of the mother's back pain, after that the author provides a timetable for carrying out prenatal yoga. The first prenatal yoga is performed on December 16, 2022, the second prenatal yoga is performed on December 20, 2022, the third prenatal yoga is performed on December 23, 2022, the fourth prenatal yoga is performed on December 27, 2022, the fifth prenatal yoga is on December 30, 2022 and the sixth prenatal yoga is on January 3, 2023. Mother made a second ANC visit at PMB Yuli Bahriah on December 16, 2022, after the mother was examined the results were normal, there were no gaps. After carrying out the examination, the mother began to fill out the pre-test sheet that was given, filled out the sheet with the help of the writer and the result was 6, which was classified as moderate pain because the mother felt stabbing pain and had no appetite. Next, start doing prenatal yoga for the first time according to the schedule that was scheduled during the first ANC visit at PMB Yuli Bahriah. Furthermore, the second to sixth prenatal yoga was carried out according to a predetermined schedule and on January 3, 2023 the mother did the sixth prenatal yoga with a post-test result of 1 because the mother said the pain was barely felt. Mother made her third ANC visit at PMB Yuli Bahriah on January 12, 2023, after the mother was examined the results were normal, there were no gaps. After conducting the examination the authors evaluate whether the mother still has back pain. Mother says there is no pain now with a score of 1, but sometimes it is a bit uncomfortable because it suddenly hurts but can still be tolerated with a score of 3 and is still classified as mild pain.

DISCUSSION
Prenatal yoga is one of the efforts or ways to deal with this pain, one of which is by doing prenatal yoga which includes
warming up and breathing, stretching exercises, core exercises, and relaxing gently and slowly. This exercise can improve posture, relax, reduce muscle tension, prevent and reduce low back pain 19. Regular yoga practice can improve the quality of body structure, relaxation, reduce muscle tension, increase muscle strength, prevent low back pain, reduce back pain, improve sleep quality and is also useful for training to increase the ability to do breathing properly. Prenatal yoga activities can relax the back muscles and strengthen the pelvic floor. And can maintain the range of motion of the pelvis to help during the birth process. In addition, light massage while doing prenatal yoga can have a relaxing effect on the muscles and improve blood circulation. Yoga practice can also stimulate the release of endorphins which can provide comfort and relaxation so as to reduce pain, increase appetite, improve memory, improve breathing, sexual ability and can reduce blood pressure.

Prenatal yoga can reduce women’s discomfort during pregnancy and increase confidence in the birthing process. Yoga that pregnant women do regularly turns out to have many benefits for the mother and fetus. Among them increase the baby’s weight at birth, reduce the occurrence of premature birth and various complications of pregnancy. Yoga is also very useful in preventing back pain, can help women feel more agile and agile, as well as balance weight changes and facilitate changes in gravity during pregnancy. The yoga exercises in this study did not only strengthen the shoulder, back and stiff muscle groups. But it also helps to get the correct body position, which can reduce back pain in pregnant women 21

The practice of prenatal yoga is a practical result in aligning the body, mind and spirit, where the benefits of prenatal yoga are to form a firm posture, make muscles flexible and strong, reduce the central nervous system in the spine, so this yoga is very much needed and effective for reducing stress and reducing lower back pain, especially for third trimester pregnant women. In theory, prenatal yoga practice aims to prepare pregnant women physically and mentally for childbirth. With proper preparation, the mother will be more confident and gain the confidence to go through labor smoothly and comfortably.

CONCLUSION
Based on the results of the case studies that have been carried out, the results show that there is a decrease in back pain in third trimester pregnant women who do prenatal yoga regularly.

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